


June Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

The meal is served at Noon. Reservations must be made at least 48 hours in advance.
\$4.68 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
1 Pepper Steak Brown Rice Fresh Cucumber Salad Diced Peaches	2 Turkey/American Cheese Mixed Baked Beans Pickled Beets Fruit	3 Baked Ham in Pineapple Sauce Green Beans Sweet Potatoes Applesauce	4 Grilled Cheese Sandwich Soup Tossed Salad Fruit
8 Orange Sections BBQ Chicken Breast Green Beans Fresh Cole Slaw	9 Sweet Sour Meatballs Brown Rice Peas & Carrots Diced Pears	10 Turkey/American Cheese Potato Salad Cole Slaw Fruit Cocktail	11 Center is closed Picnic at the park! Sign-up today
15 Sliced Ham Sweet Potatoes Seasoned Greens Spiced Pears	16 Thai Curry Chicken White Rice Steamed Carrots Fresh Cucumber Salad	17 Hamburger w/Pizza Sauce Mozzarella Cheese Potato Salad Cole Slaw Diced Peaches	18 Father's Day Luncheon Fresh Melon Eye of Round w/Gravy Baby Whole Potatoes Baby Carrots/w Onion & Celery Cole Slaw Brownie w/Whipped Cream
22 BBQ Grilled Chicken Breast Brown Rice Collard Greens Fruit Cocktail Wheat Bread	23 Baked Potato Chili Con Carne Cheddar Cheese Tossed Salad Applesauce	24 Indoor Picnic with Nurse Steve ¼ lb Beef Hot Dogs Baked Beans Cole Slaw Pineapple Tidbits Ice Cream	25 Center is Closed Day Trip: "Elvis at 70"
29 Bourbon Glazed Pork Loin Barley Mushroom Pilaf Sweet Peas Diced Pears	30 Meatloaf w/Gravy White Rice Steamed Broccoli Cuts Pea & Corn Salad Mandarin Oranges		

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)

Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.

Cancellations may be made up to 24 hours in advance.

Register in person at the Center or call 301-600-7020.

Cost

The current cost is \$4.68 per participant per meal.

The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.

A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".

Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.